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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

November 16, 2001

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall.

The next newsletter will be published on Friday, November 30th. The submission deadline for that newsletter will be Wednesday, November 28th at 5:00 p.m.!

C A M P U S N E W S

Attention Fourth Year Students



- Commencement rehearsal will take place on Wednesday, May 15, 2002, time to be announced, at Rockefeller Chapel on the University of Chicago campus. Graduates are expected to attend. Details will follow at a later date.
- Commencement for the Class of 2002 will be held on Saturday, May 18, 2002, at 1pm in Rockefeller Chapel. Please mark your calendars.

Attention 3rd Year Students – Graduation Pictures

Please note, for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, December 11 & 12, 2001 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets will be posted on the third year bulletin board in early November.

Council on Ethics

Thank you, thank you, and thank you, to everyone who donated money to the Council on Ethics Red Cross Disaster Relief Fund. Together, we raised \$1,000.00. Your efforts will help maintain the Red Cross so that they may continue to provide their support in the clean-up of the September 11 disaster and in future places of need.

Border Crossings

Attention all international and Canadian students. Please allow extra time when traveling and crossing borders, especially incoming back to ICO. We have had several students experience problems when traveling and have missed clinical, labs and classes.



Students – Take Note

The National Board exams will be held on campus December 4-6. Please be aware that the Fitness Center & Gym will be closed at that time.

Library News

Welcome back! We hope that you all had a great autumn break and are looking forward to the Thanksgiving holiday. The Library will be open Tuesday, November 20 until 5:00pm, and until 3:00pm on Wednesday, November 21. The Library will be closed on Thanksgiving Day, November 22 through Sunday, November 24. Regular hours will resume Monday, November 26. Hours are posted on the board outside the Library and sometimes on our Library web page at <http://20.1.0.46/library.htm>.

During the break, the Library updated its new library system to the 2001 version. There are several main benefits that I would like to highlight for you.

Access:

To access the library web page from any College computer, go to <http://20.1.0.46/library.htm>

Click on iBistro and you can start searching. We suggest that you make this a bookmark in Netscape, a favorite in Internet Explorer, or make it your home page in either browser. If you do not know how to do any of these things, call me at ext. 7153.

Saving:

You can print up a bibliography of up to 50 items from the catalog. Select items from the display lists, and then click on kept to view or print them (the kept items do not appear on the page.) However, when you click on View or Save, you can print out the list of the saved items.

Requests

You can now make interlibrary loan or database search requests via the Library website. Click on iBistro and then on the toolbar, I Need Materials. Click on Interlibrary Loan to request books or articles not available at the Library. Click on Search Services if you need a database search performed for you by a librarian in subject areas such as psychology or chemistry. You will need to type in your six digit identification number in the "Alternate ID" box for the request to be sent. We need to know who you are so we can notify you of the results.

Future Changes:

The IS department will soon make iBistro available via the internet. However, this version will only include access to the ICOLibrary book and AVcollection. To access VisionCite, anyone from home will need to login with a User ID and a pin number. Stay tuned for further developments.

Library Info (top right corner):

New Materials lists materials added to the ICO Library collection in the last ninety days, including videos, CD-ROMs, and books. It is updated weekly on Fridays.

Among those new arrivals include the video, The New What to Do When You See a Blind Person, VTU 1394. It can be checked out for 24 hours or viewed in the Library. New library books include Imagining the Possibilities: Creative Approaches to Orientation and Mobility Instruction for Persons Who are Visually Impaired, by Fazzi and Petersmeyer, HV1758.F39 2001, and Patient Pictures: Clinical drawings for your Patients, by Peter Simcock, RE51.S55 2001. The latter book uses illustrations to explain eye conditions and treatments to patients. For those who wish to take loving care of their pets' eye needs, read Fundamentals of Veterinary Ophthalmology, by Slatter, SF891 S53 2001. The Library also has received two new CD-ROMS of the Human Retina Teaching Set by Milam, CDR 63, which may be used for three hours at a time in the Library.

Quick Searches. By clicking on a picture, you can run an automated search of the special topic. Topics under consideration for this feature are LASIK, Retinal Detachment, Macular Degeneration, CD-ROMS, Glaucoma, and several contact lens searches. Feel free to suggest search topics for the Quick Search feature to me.

Attention R. C. Residents

The cafeteria will close after lunch is served on Wednesday, Nov. 21st and will reopen for breakfast on Monday, Nov. 26th as published in the Student Guide.

**Master Calendar -
Reminder**

The Student Affairs Office maintains a master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (on and off campus) are listed on the calendar. Please contact the Office of Student Affairs (x7401) fourteen days in advance of any activity planned for the College community.

Academy 2001

All students who will be attending the Academy meeting in Philadelphia should let Dr. Flynn Roberts know about their planned attendance and their housing plans while in Philadelphia. A sign-up list will be available outside her office door (Faculty Suite C, Rm. 2578). You can also let her know via e-mail at mflynn@eyecare.ico.edu. It is very important that she have a list of students who will be at the meeting for any emergency situations that may arise.



Security Reminder:

Security would like to remind everyone that the parking lot at 32nd St. and Michigan Ave. is **NOT** for Faculty, Staff, or Students. This parking lot is for IEI Patients only.

Winter Quarter Dates

Nov 20 (Tue) and Nov 21 (Wed) - No classes/labs – quizzes as scheduled and clinic as assigned

Nov 21 (Wed) -Thanksgiving recess begins at conclusion of A.M. clinic

Nov 22 (Thur) thru Nov 25 (Sun) – Thanksgiving Weekend College/IEI closed

Nov 26 (Mon) Classes/Labs/Clinic Resume

Dec 4 (Tue) and Dec 5 (Wed) – NBEO Clinical Science Examination

Dec 5 (Wed) and Dec 6 (Thur) NBEO Basic Science test

Dec 6 (Thur) thru Dec 10 (Mon) American Academy of Optometry – Philadelphia, PA

Dec 19 (Wed) – Last day of classes/labs/clinic/Externship assignments

Dec 20 (Thur) thru Jan 2 (Wed) – Student holiday recess – no classes/labs/clinic/Externship

Dec 24 (Mon) thru Dec 26 (Wed) – Faculty and Staff Holiday recess – College/IEI/closed
Dec 27 (Thur) – Faculty and Staff return to work

Dec 27 (Thur) thru Dec 29 (Sat) – College/IEI open

Dec 31 (Mon) and Jan 1 (Tue) – New Year

holiday recess – College/IEI closed

Jan 2 (Wed) –Faculty and Staff return to work

Jan 3 (Thur) – Classes/labs/clinic/Externship assignments resume

Faculty Updates

"Chicagoans get an "eyeful" thanks to cable program ICO hosts"

The 11/05/01 AOANews headline above preceded a story about **Dr. Janice Jurkus** and her ICO cable TV show called "Eye Have A Question". **Dr. Jurkus** was instrumental in the development of the show, which reaches up to 500,000 viewers each Thursday. The story included a picture of **Drs. Jurkus** and **Christine Allison** on the cable TV set. Over the next few weeks, additional shows will feature topics that include infant vision (**Dr. Dominick Maino**), the pediatric examination (**Dr. Val Kattouf**), age related eye problems (**Dr. Daisy Chan**), refractive surgery (**Dr. Elyse Chaglasian**, **AIDs** and the eyes (**Dr. Sanford Gross**), and contact lenses (**Dr. Neil Hodur**).

Pediatric Faculty Support COVD

Drs. Geoffrey Goodfellow, Helen Gabriel, Christine Allison, Valerie Kattouf, Janice Scharre and **Dominick Maino** actively participated in the College of Optometrists in Vision Development International Meeting in St. Louis, MO. The research posters that were presented included **Drs. Allison, Schlange and Goldberg** - The Use of Colored Filters in Aiding Reading Disabilities and **Drs. Steele, Goodfellow, Trachimowicz** - Patient Literacy Levels in an Urban Optometry Clinic. **Dr. Janice Scharre** was appointed a Director of COVD (Central Region) while **Dr. Dominick Maino** continues to serve as an assistant editor of the Journal of Optometric Vision Development.

Dr. Valerie Kattouf - COVD Fellow

Dr. Valerie Kattouf has successfully completed the rigorous process to Fellowship in the College of Optometrists in Vision Development. Congratulations Valerie!

ICO Residency Accredited

ICO's residency program in Advanced Cornea and Contact Lens Management has received its initial accreditation from the Accreditation Council on Optometric Education. The Council made no recommendations (required corrective actions) for program improvement and the next scheduled evaluation visit is in 2008. Congratulations to **Dr. Jan Jurkus**, program coordinator, for writing a successful self-study and coordinating the site visit. Kudos also go out to **Dr. Renee Reeder** who was instrumental in the initial development of this program and the entire Cornea and Contact Lens faculty and Advanced Care faculty who make this program so outstanding!

Awesome Faculty Recognized

The Teachers of the Year Awards were given to **Drs. Rebecca Zoltowski, Neil Hodur Michael Zost, and Leonard Messner**. The Professional Ethics recognition award was given to **Dr. David Castells** and the Golden Apple Award winners were **Drs. John Baker and Neil Hodur**. Our congratulations to all!

New Faculty Executive Council

The newly elected FEC included **Dr. Brandonisio**, Chair, **Dr. Roberts**, Vice Chair, **Dr. J Jurkus**, co-Secretary, **Dr. Hodur**, co-Secretary and **Dr. Volin**, member at large. **Dr. Gary Lesher** also serves on this committee.

Numerous Faculty Support AOSA

Drs. Sandra Block, Brian Caden, Mark Colip, Kelly Frantz, Helen Gabriel, Janice Jurkus, Valerie Kattouf, Gary Lesher, Dominick Maino, Leonard Messner, Stephanie Messner, Mary Flynn Roberts, Derrald Taylor, Bruce Teitelbaum, Ruth Trachimowicz and Walter Yasko are all sustaining members of the American Optometric Student Association.

ICO BOT Offer Free CE to Alumni

ICO Board of Trustees member, **Dr. Richard Kattouf** gave a one-hour lecture, "Fee Collection without Patient Irritation" and ICO BOT Committee Member, **Dr. Dominick M. Maino** gave three hours of lecture (Diagnosis and Management of Special Populations and CyberSpace Update IV) during the recent ICO Alumni Homecoming. **Drs. Kattouf and Maino** donated their time and talents for this event so that it could be offered free to our alumni.

Letter Published

Pediatric Resident, **Dr. Geoffrey Goodfellow**, had a letter to the editor published in the Sept issue of *Chicago Parent* about the importance of pediatric eyecare in preparation for the new school year. He also participated in the Illinois Special Olympics Opening Eyes Vision Screening and taught Para-Optometric CE Course at IOA Annual meeting in Itasca entitled, "The Most Common Ocular Problems in Toddlers".

Quoted

Dr. Janice Jurkus was quoted in *Ocular Surgery News* regarding her participation on the FDA panel that recommended for approval the 30 day continuous wear contact lens from Ciba.

ICO Faculty Serve on Search Committee

Dr. Derrald Taylor is serving on the Supt. Search Committee for the Illinois School for Visually Impaired in Jacksonville, IL as a representative of the Advisory Council of the ISVI. He also chaired a panel presentation at the IOA meeting in Itasca, which included **Mr Don Bensing** (ICO Social Worker), **Drs. John Rimkus, Tracy Williams, and Jewel Lewis**. **Dr. Taylor** assisted in the teaching of the Eye and Vision Course at No. Illinois University as well. This course prepares students to become teachers of children with vision impairment, rehabilitation teaching or orientation and mobility.

Faculty Active in APHA

Dr. Valarie Conrad was the program planner for the Vision Care Section of the American Public Health Association annual meeting, which was held in Atlanta this past Oct.

Congratulations to New ICO Mom

Dr. Melissa Sigler is a new mom. She recently gave birth to Georgia Ann Sigler (6lbs 9oz and 19 inches). Congrats to the Sigler family!

Special Olympics Supported by ICO Faculty, Students and Staff

The Special Olympics Lions Clubs International Opening Eye (SOLCIE) screening at the United Center in Chicago was an outstanding success due in part to the active involvement of ICO Faculty, staff and students. The special athletes came from the Chicago area public schools and park districts. SOLCIE provided a comprehensive screening that included the assessment of visual acuities, color vision, oculomotor function, stereopsis, non-dilated eye health evaluations and refractions. The program also provided eyewear if needed and athletic protective glasses for those involved in contact sports.

Drs. Derrald Taylor, Michael Zost, ICO Residents **Drs. Goodfellow and Meiring** and two senior students **Anne Polasek** and **Cindy Consiglio** provided pediatric low vision services sponsored by the Lions of Illinois Foundation at the Illinois School for Visually Impaired. This is the start of the 26th year of our services to the school. More than 40 children were examined. **Dr. Taylor** also attended the Advisory Council meeting of the Illinois School for Visually Impaired. He chairs the long range planning committee and is the chair for the 2002 Discovery Conference, which provides a forum for low vision presentations and issues. The Conference is scheduled for Sept. 26-8, 2002 in Chicago. **Dr. Michael Zost** was elected vice chair of the Advisory Council.

Faculty Presentations

Dr. Kelly Frantz recently presented several lectures at the Missouri Optometric Association's Annual Convention. She spoke to the optometrists on pediatric examination, amblyopia treatment, and prescribing prisms, and to the paraoptometrics on common eye problems in children.

Dr. Christine Allison gave a 4 hour lecture on Pediatric Optometry to the South Dakota State Association meeting and presented a poster at the COVD meeting in October entitled: The Use of Colored Filters in Aiding Reading Disabilities, the other authors of the poster are **Drs. Darrell Schlange** and **Jennifer Goldberg**.

Faculty Publications

Dr. Beckerman SA, Hitzeman S. The ocular and visual characteristics of an athletic population. *Optom* 2001; 72(8):498-507.

Dr. Janice Jurkus had a book chapter published: Rigid Gas-Permeable Contact Lenses: Modifications and Clinical Indications in a new textbook, *Specialized Contact Lens Prescribing* edited by Terry Scheid.



The Illinois College of Optometry is mentioned in the latest Greater Midwest Region electronic newsletter. We discussed the new iBistro product and how we plan on expanding it to the internet soon.

In Our Thoughts

Dr. Yasko is ill and was recently released from the hospital and is now at home. Cards and well wishes may be sent to:

Dr. Walter Yasko, 631 Claremont Dr., Downers Grove, IL 60516

Dr. Gregg Steele has been diagnosed with non-Hodgkin's lymphoma. He has been undergoing chemotherapy and radiation treatments throughout the summer and fall

months. Unfortunately he has not responded well. He has left ICO and gone home to Texas where he will begin hospice care. Please keep him in your thoughts and prayers. To contact Dr. Steele:

Dr. Gregg Steele, c/o Jan Greenwood, 428 North Main Street, Gladewater, TX 75647, greggchi@aol.com

FUNDRAISING REMINDER

Student organizations must submit a fundraising request for approval to the Dean for Student Affairs at least two weeks prior to the event. In scheduling various activities, priority will be given to activities of student organizations, which have historically been run by that organization.

ICO Placement Program

In order to better serve the needs and interests of our new graduates and alumni the Placement Program at the Illinois College Optometry is **on-line and interactive** through ICO's web-site. Through the use of this on-line program, we are able to assist students, new graduates and alumni with locating practice opportunities and hiring new doctors for practices based on demographic information such as location, type of practice, community preference, etc. This information personalizes the Placement Program by eliminating details that are not of interest to the user, and ensures a more efficient and up-to-date opportunity base. Once individual priorities are established it is much easier to narrow the search by locating only those opportunities that will appeal to the seeker and also match the needs of the doctors providing job opportunities.

According to a recent survey of ICO's 2001 graduating class, when asked the question "If possible, what mode of practice would you choose to pursue after graduation", 79% answered private or group practice would be their choice. ICO's Placement Program not only benefits our new graduates but also

benefits our Alumni to fill important positions within their practices. It also assists retiring doctors with transitioning their practices, ideally to new graduates, rather than closing them. We feel it's a win-win situation for all involved.

The program is simple to use and the information is constantly updated and totally supervised by the Director of Placement at the college. Every participant in the program has his or her own access code to enter the program to retrieve, change or update information. This program is strictly for ICO students, new graduates and alumni and there is no charge for this service.

Practice opportunities for today's optometrists are more varied than ever before. By this on-line interactive program we can assist our students and alumni in finding the best positions to fit their needs or to locate the best-qualified doctors for their practices. If you are interested in participating in this program, please go to ICO's main web-site www.ico.edu, click on Placement Program, click on Seeker Sign-Up or Provider Sign-Up, complete the questionnaire, submit it and you will be notified by e-mail of the activation of your file, usually the same day or the next morning. You will then have complete access to your file at all times to change or edit your information, to search for opportunities or to contact the provider or interact with the interested seeker. If you should have any questions please see Lynn in Student Affairs, call her at 312-949-7403 or e-mail her at lpetrica@eyecare.ico.edu.

DON'T FORGET:
IT IS REQUIRED TO WEAR ID
BADGES WHILE ON CAMPUS

ICO'S TV SHOW

From: Dr. Janice Jurkus

ICO's live call in show "Eye Have a Question" has started its second season! Every

Thursday at 4:30 on cable channel 21, faculty members will be available to answer questions about eyes. The call number is 312-738-1060 so call in with questions! Below is the schedule for the rest of the season:

- ♥ December 6th with Dr. Neil Hodur, hosted by Dr. Janice Jurkus, discussing "Contact Lenses"
- ♥ December 13th with Dr. Michael Chaglasian, hosted by Dr. Janice Jurkus, discussing "Refractive Surgery"
- ♥ December 20th with Dr. Sanford Gross, hosted by Dr. Janice Jurkus, discussing "Eyes and AIDS"
- ♥ December 27th with Drs. Jurkus and Winters, hosted by Drs. Jurkus and Winters, discussing General Topics

The American Academy of Optometry Meeting, Philadelphia, 2001

December 6-10, 2001

Student volunteers are needed to assist with audio-visual equipment and monitor the entrances to each session. Although they are volunteers, the students will receive \$100 for working two sessions. They may earn more by volunteering for additional sessions. Each session is approximately four to five hours. Students working morning sessions will be given free breakfast, and lunch for those working afternoon shifts. Although we need a large number of students, assignments will be made on a first come/first served basis. PLEASE submit the attached form as soon as possible. Forms must be submitted by November 9. Please contact Dr. Mary Flynn Roberts or Daniel Rayman, Box 715, if you have any questions. Student rates are available at the Hilton Garden Inn. Use the attached form to make your reservations.

STREET PARKING

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue. On

Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parking during cleaning hours.

C L A S S I F I E D S

Dependable Workstudies

Dependable workstudies needed for various IEI sub-specialty areas. Varied clerical duties and flexible hours Monday thru Saturday. Please contact Mary Rutherford at ext. 7222 or stop by to see me in Advanced Care.

ATTENTION 4th years: TAs needed for Physical Diagnosis

There are only a few labs for the second half of the quarter. If you would like to assist with glucometry, micro and cytology and are free Tuesday 9-1:00, Wednesday 9-1, or Thursday 10-12:00 please give me a call! If these times don't work out I could also use some help preparing for the labs. Please contact Dr. Gabriel ext.7313.

Student Affairs Office

Workstudy students are needed on Tuesday's afternoons. Duties include greeting and giving tours to prospective applicants who come on campus for counseling. Students must have good organizational skills and experience with Windows and Microsoft applications. For additional information, please see Sharon Uher in the Student Affairs Office

Looking for a way to fill your mornings? Well here is the perfect way... TA a lab!

We are still looking for 3rd and 4th year student lab TA's for Histology and Ocular Anatomy Labs.

We need one more TA for Labs for the following times:

Tuesdays 8-10-am and 10-12noon

Thursdays 8-10am and 10-12 noon

If interested please contact Dr. T by mail, email (rtrachim@eyecare.ico.edu) or phone (x 7180).

FITNESS CORNER

Fitness Center Closing



The fitness center will be closed on Thursday, November 22 in observance of Thanksgiving.

Regular hours will resume on Friday, November 23.

Polar Bear Run

The fifth annual *Polar Bear Run* program is currently in the planning stages. If you have any suggestions, please call me at x7460. Otherwise, keep an eye on your mailboxes for registration information!

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICO Fitness Center is pleased to offer FREE personal training. Your trainers, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).

Workout Buddies

Are you interested in working out with a partner who will help you fine-tune your program, show you how to use those machines you've always wondered about, and just give you company and encouragement?

The ICO Fitness Center is pleased to provide, FREE OF CHARGE, a workout buddy service. This service, which is currently being offered on an experimental basis, is more casual than personal training—it's designed

simply to help you stay motivated while giving you some new ideas. So if you're a *healthy* person who's already pretty confident with his/her workout program but would like a few new ideas and some more motivation, give our workout buddy a call—she's Ruby Bello and she can be reached at box 101. Don't forget to leave your full name, phone number, and preferred training time(s).

Additional workout buddies will be hired as demand dictates.

FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. *Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid.* Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Massage Therapy

Lots of stress? Sore muscles? Tight neck? For a relaxing, enjoyable cure to muscle tightness, low energy levels, and general feelings of stress, get a seated massage. Seated massage is available every other Thursday from 10:30 am until 1:30 pm in Amanda's office. Sheepish about indulging yourself? Treat your friend or co-worker to a relaxing massage session. Gift certificates are available for just \$10 per 10-minute session. Call Amanda at x7460 for more information or to make an appointment. The next sessions will be Thurs, Nov. 29.

RESIDENCIES

*For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the 4th drawer in the cabinet on the South Wall.

Pacific University, College of Optometry - Forest Grove, OR

1. Primary Eye Care/Refractive & Surgical Co-Management - Jonathan M. Wainwright, VAMC, Walla, Walla Washington
2. Geriatric Optometry Primary Eye Care - VA Puget Sound Health Care System, American Lake Division Tacoma, Washington
3. Ocular Disease Refractive and Ocular

Surgery - Eye Care Associates of Nevada, Reno and Las Vegas, Nevada

4. Primary Eye Care - Portland VA Medical Center, Portland, Oregon
5. Cornea and Contact Lenses - Pacific University and Associated Clinics, Forest Grove and Portland, Oregon

For more information about residencies offered by Pacific University's College of Optometry and their affiliates check out the residencies drawer on the south wall of the Student Affairs Office.

Inter American University of Puerto Rico School of Optometry

Primary care optometry training in community health care facilities.

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SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 3rd Year Student Scholarship Award	All 3 rd year Optometry students	\$1,000 overall winner \$5,000	February 1 st 2002
Alcon 4th Year Student Scholarship Award	All 4 th year Optometry students	\$1,000 overall winner \$5,000	February 1, 2002
John Gyles Education Awards	Awarded to both Canadian and American students with full citizenship and a minimum GPA of 2.7. You must also exhibit financial need	Up to \$3,000	November 15, 2001
Upper Peninsula Optometric Society Memorial Scholarship Trust	Awarded to native or a resident of the Upper Peninsula of Michigan. 3 rd or 4 th years optometry student of 2.5 average or better	\$500 per year	November 30, 2001
American Foundation for Vision Awareness - Washington	To qualify you must be a resident of the State of Washington, be accepted/enrolled in an accredited school of Optometry and NOT have a Washington state optometrist as an immediate family member	\$500	January 15, 2002
Secretary's Award for Innovations in Health Promotion www.opted.org (go to links, Secretary's Award) (http://bhpr.hrsa.gov/interdisciplinary/innovations.html)	Must be enrolled full or part time in a baccalaureate or higher degree professions education program	<i>Single Discipline Awards</i> First Prize - \$3,500 Second Prize - \$2,500 Third Prize - \$1,500 <i>Interdisciplinary Awards</i> First Prize - \$7,500 Second Prize - \$5,000 Third Prize - \$3,000	January 25, 2002

AOA Student Leadership Award	Must be a 3 rd year in good standing with leadership and student gov'n't involvement.	\$1,000	February 1, 2002
Biocompatibles Eyecare Innovative Research Award	Any 3 rd or 4 th year student submitting an application and 2,500 word research paper (topic in SAO).	\$2,000 (1 per school) *an additional \$5,000 for the best paper overall	February 1, 2002 <i>Submit to the Student Affairs Office</i>
Alcon 3rd year Student Scholarship Award	All 3 rd years are eligible but must write a case report (topic in SAO)	\$1,000	February 1, 2002 <i>Submit to the Student Affairs Office</i>
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Students entering or who have entered a graduate/professional school who has been legally domiciled in the greater Chicago metropolitan area <i>Applications available December 1, 2001 - February 15, 2002- must write for info.</i>	*	March 1, 2002
Essilor of America, Inc. and Varilux Student Grant Award Program	3 rd and 4 th year students – must do a case report on a patient fit with Varilux lenses	\$500 (1winner from each school)	Due to Dr. Colip by March 4, 2002

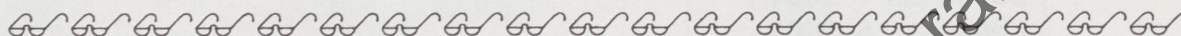
The Student Affairs Office has more information, so stop by and check it out!



NOV 09 2001

Essilor of America, Inc. and Varilux® invite you to participate in the 2001-2002 Student Grant Award Program. Third and fourth year optometry students may submit case reports on patients fit with Varilux lenses to the clinical staff at their school. Case reports should be submitted in printed form and on computer disk. Maximum length is 2000 words. The clinical staff will select one recipient based on the following criteria: Dispensing Skills, Application of Varilux Lenses to Patient Needs, Analysis of the Care(s), Analysis of the Lens Design and Lens Performance (Optional/Extra). Reports should include patient's old and new Rx, occupation, hobbies and any other pertinent information. Personal information on student must include student name, address, telephone number and social security number.

CASE REPORTS DUE TO STUDENT AFFAIRS OFFICE BY MAR 4, 2002
ENTRIES MUST BE POSTMARKED BY APRIL 1, 2002



AWARDS

The student who has the winning case report at each school will receive \$500.00, plus an entry into national judging. The national award winner and faculty advisor will each receive an all expense paid trip for two to the American Optometry Association Congress meeting to be held June 26-30, 2002 in New Orleans, LA

For questions and further information:

Rodney L. Tahrán, O.D., F.A.A.O.
Vice President, Professional Relations &
Clinical Affairs
Essilor of America, Inc.
2400 118th Avenue North
St. Petersburg, FL. 33716
(800) ESSILOR, EXT 5170
rtahrán@essilorusa.com

Danne Ventura, F.N.A.O.
Director, Professional Relations
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2400 118th Avenue North
St. Petersburg, FL. 33716
(800) ESSILOR, EXT 7369
dventura@essilorusa.com



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VARILUX®

Announcement!

RGP Lens Workshop

Sunday, December 16, 2001

See patients with each of the following RGP Lens fittings and conditions

- ◆ Keratoconus
- ◆ High astigmatism
- ◆ Post surgery/Specialty lenses
- ◆ Presbyopia
- ◆ Multicurve and Aspheric Lens Designs

Space is limited. Please register with Dr. Renée Reeder @ ext 7297 by **December 1st** to reserve this opportunity to increase your RGP fitting knowledge!

SPACE IS LIMITED

The morning lecture program and continental breakfast will be held in Lecture Hall 1200 at 9:30

Catered luncheon being served in the gym at noon

And, the afternoon patient "hands on" workshop will be held on the Illinois Eye Institute 1st floor, Cornea Center for Clinical Excellence, from 1 to 4

Complimentary fitting video will be given to all attendees

WINTER QUARTER FITNESS CLASS SCHEDULE
Effective Monday, November 12, 2001



Mondays:

12:30 – 1:30 pm
Step & Sculpt
Erica

6:00 – 7:30 pm
Hatha Yoga
Rebecca

Tuesdays:

1:00 – 2:00 pm
Hatha Yoga
Rebecca

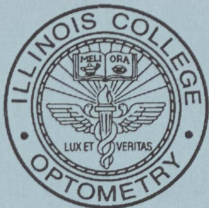
Wednesdays:

1:15 – 2:15 pm
Step & Kickbox
Erica

Thursdays:

5:30 – 6:30 pm
Kickboxing
Erica

The fitness class schedule is subject to change with notice. All cancellations will be posted on the bulletin board outside of the gymnasium. Please call Amanda at x7460 if you have any questions or concerns on the class schedule, or if you would like to teach any classes



FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401



November 30, 2001

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall.

The next newsletter will be published on Friday, December 14th. The submission deadline for that newsletter will be Wednesday, December 12th at 5:00 p.m.!

C A M P U S N E W S



The ICO Community is deeply saddened by the recent passing of two beloved faculty members

On Saturday, November 24th, Dr. Walter S. Yasko passed away following a brief illness. A 1948 graduate of Northern Illinois College of Optometry, Dr. Yasko served on the faculty at ICO for 53 years and touched the lives of many patients, students, faculty and staff members. Dr. Yasko was 79. Services for Dr. Yasko were private at the request of the family. In lieu of flowers, the family requested donations be made to the American Lung Association.

On Tuesday, November 27th, Dr. Gregory Steele passed away after battling non-Hodgkin's lymphoma. During Dr. Steele's 5-year tenure on faculty, he had an enormous impact on the College in both teaching and scholarly research as well as student activities and patient care. Dr. Steele was 37. Services for Dr. Steele will be in Gilmer, TX on Saturday, Dec 1st at 2 p.m. Dr. Steele had previously requested in lieu of flowers that donations be made to the Faculty Scholarship Fund at ICO.

Both these faculty members will be deeply missed, but their memories and contributions to the College will never be forgotten.

More information will be shared soon about memorial services and tributes currently being planned on the ICO campus for members of the ICO family.



Students – Take Note

NBEO exams will be taking place in the ICO gymnasium next week.

The fitness center, racquetball courts, and both locker rooms will be closed from 6:00 am - 6:30 pm on Tuesday, December 4, Wednesday, December 5, and Thursday, December 6. This means that FC hours on these days will be 6:30 pm - 11:00 pm.

The gymnasium will be closed all day on Tuesday, December 4 and Wednesday, December 5. It will re-open at 6:30 pm on Thursday, December 6.

Only test-takers and test personnel will be allowed in the testing areas during exam hours. Therefore, **if you park in the parking garage**, you will need to go to the 2nd or 3rd floor to access your office or other areas of the building--you will not be allowed to access the building at the 1st floor. If you enter ICO through the doors that face north to 32nd Street, you will need to access your office through the clinic.

If you have any questions on these closings, please call Amanda Johnson at x7460. Thank you for your cooperation--it will help to ensure the integrity of the testing environment.

Counseling and Academic Enrichment/Services

Study Skills Enhancement Session -

**Wednesday, December 5th, 6:00 - 7:00 pm.
Brady Hall 1005.**

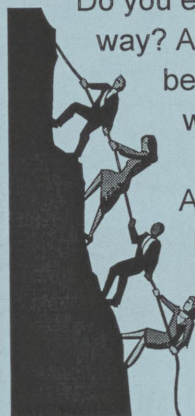
If you'd like to do better academically this quarter and you want to hear about Active Learning strategies - attend the Study Skills Enhancement Session. The concepts and strategies we'll discuss are directly from recommendations made by ICO faculty members and the literature of learning theory as it applies to medical/professional school

students. We will discuss practical, hands-on theories you can employ immediately.

Please reserve your spot for this session by calling Beth Karmis, M. A., at extension 7415.

Self-Enhancement Group

Do you ever feel like you get in your own way? Are you keeping yourself from being as successful as you can or want to be?



Are you interested in learning more about self-esteem and ways to enhance one's self-concept? During this quarter, for one hour per week, I would like to bring together a group

to explore these issues. This is open to anyone.

The first few weeks will focus on self-assessment and exploration. During the second four weeks we will talk about and do exercises to enhance communication skills, relationship building, listening skills and more.

If you are interested, or if you have questions, please give Beth Karmis a call at extension 7415. I would like to have at least 6 participants for the best outcome. This is not intended to be "group psychotherapy", but rather a psychoeducational workshop.

WebCT

Nova Southeastern University College of Optometry is pleased to announce the launch of its online Master of Science in Clinical Vision Research program. This innovative program is available totally online through WebCT. WebCT is an integrated computer-learning environment that houses course content, assignments, quizzes, examinations, and communications tools (e-mail, bulletin board, chat room, and whiteboard). All of the program requirements including research projects may be completed at your own

campus or office facilities with mentoring by our program's faculty. The charter class begins April 2002. The deadline for receipt of applications and supporting documents is February 15, 2002.

For more information, please visit the Clinical Vision Research Programs Web site at: <http://www.nova.edu/cvr>

If you are attending the annual meeting of the American Academy of Optometry in Philadelphia, please stop by and talk with us about the program at Booth No. 815.

Josephine Shallo-Hoffman, Ph.D., F.A.A.O.
N. Scott Gorman, O.D., M.S., F.A.A.O.



Become a Member of an Optometric Web Site

Join your
classmates who are
members and
participate in
<http://www.seniordoc.org/>

Your will enjoy the information and conversation, reading opinions of students and recent grads nation wide on the "Student and Recent Grad Forum". In addition the interchange with practicing optometrists on issues that can affect you now and in your future career in the other Forums can be most beneficial.

There is no cost and your only obligation is to share your opinions and knowledge with fellow students and both Junior and Senior OD's worldwide. Looking forward to seeing you on line.

Paul Farkas, M.S., F.A.A.O. Web Site -
Administrator

School or Not?

Please call ICO's weather
hotline if you are in doubt
about school closings due to
weather....312-949-SNOW



Library News

Great News!

The library website is now on the internet! If you go to library.ico.edu or www.library.ico.edu from your home internet connection, you can access the library web page with a link to the iBistro online catalog of library materials. The world is welcome to visit the library catalog, which consists of the book and multimedia collection that the College owns. The VisionCite database is restricted to current students and faculty at this time. If you stop by the library, the full time library staff can give you your ID number and Pin with which you can access the VisionCite database. You can even renew your own books. (Remember, reserve material cannot be renewed). We are excited. Try out the service tonight and tell us what you think!

Remember, when you are on campus, you have to use the <http://20.1.0.46/library.htm> to access the library web page and iBistro services. Gerald Dujsik, Director, Learning Resources

Library Hours for December, 2001

Regular library hours will be in effect through Tuesday, Dec 18, 2001. Special hours are posted below. All books will be due Jan 3, 2002, or later.

Dec 19-21	8 am to 5 pm
Dec 22-26	Closed
Dec 27-28	8 am to 5 pm
Dec 29-31	Closed
Jan 1, 2002	Closed
Jan 2, 2002	8 am to 5 pm
Jan 3, 2002	Regular hours resume

From the Mailroom:

Christmas is almost upon us and it is time to start thinking about sending cards and gifts. Please bring your holiday packages to the mailroom and we will assist you in



shipping them to family and friends. We have packing materials that we will share with you, you do the wrapping. (-: The best time to bring packages to the mailroom is the afternoon. Packages should be shipped via UPS because they are trackable and insured (the first \$100 is included in the price). UPS does not accept anything addressed to a PO box so please have a street address. If you have something that is going to a PO box it is best to take it to the post office yourself, you can wrap it here. The ICO mailroom can not insure U.S. mail.

Have a fun Holiday Season. If you have any questions or concerns please do not hesitate to call Diane or myself X7087 or X7085.
Daisy Varkalis

What's New At Institutional Health

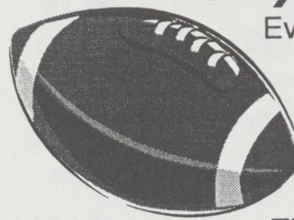
By Jeanne Dougherty

I am planning on ordering the Meningitis vaccine. The cost to students is about \$62.00 per injection. Please call x7229 to let me know if you are interested in receiving the injection.

Volunteer's Needed

We have been contacted by a not-for-profit children's health museum located in Barrington, IL (approx. 50 minutes northwest of downtown Chicago) regarding potential student volunteers to visit the museum and be available to speak to children (pre-school through 8th grade) about health/eye related topics. They are particularly interested in organizing volunteers from ICO students during the months of January 2002 (National Eye Care Month) and June 2002 (National Prevention of Eye Injuries Awareness month). They ask that volunteers be available from 9:30am till 12noon on scheduled days. If interested, please stop-by Student Affairs and place your name on a list to receive further information. This might be a nice service project for clubs or organizations as well.
Thanks, Dr. Colip

Party at Durkins



Everyone is invited to the Private Practice Club party at Durkins Tavern on 810 West Diversey in Lincoln

Park.

The party will be on Martin Luther King Jr. Day weekend, on Sunday, January 19th, 2002 from noon to 4pm. There is no school on Monday so please all come out and celebrate! The party will include all you can drink soda, draft beer, wine and well drinks. Furthermore, our package offers an all-you-can-eat grill cookout, which includes pizza, hot dogs, brats (for you Green Bay fans), and hamburgers. The cost is only \$25.00 and we will be selling tickets January 14-18th, 2002 outside Room 1200. We will be celebrating the NFL playoffs so please wear your favorite sport teams gear. We will provide detailed instructions and maps when you purchase your ticket.

SVOSH - Honduras Trip

All members traveling to Honduras in February are expected to attend a brief informational meeting on Thursday, December 6th @ 6:30 p.m. in Room 1202. This is a mandatory meeting for trip participants. Please bring a copy of your passport and birth certificate. All other members are welcome to attend. See you there.

AOSA

Quiz Bowl

I want to thank everybody who attended and supported this year's Quiz Bowl. It was a great success and a lot of fun. Kudos to all the contestants that participated by representing their class! A special thanks goes out to our sponsors that made this event a great fundraising event for the students who are attending the AOSA conference in Philadelphia. They include:

- ✓ Alcon
- ✓ Bausch and Lomb
- ✓ Welch Allyn

- ✓ Belrose
- ✓ Woodlyn
- ✓ Marchon
- ✓ Donnie's Pizza

Also a very special thank you goes out to Nathan Bonilla-Warford, Lindsay Luker, Ferine Ali, Boris Kapelnik, Sima Lal, Andrea McCann, Katherine Garvey, Michael Chernich, Dave Maze, Jeff Frank, Moe Eid, Bob Steinmetz, Melissa Russel, Jill Novotny, Eiman Gafour, Dr. Hodur, Dr. Sears, Dr. Zoltoski, Dr. Trachimowicz and Dr. Rimkus for all their hard work to make this event run smoothly.

Christmas Gift Sale – ICO Shot Glass

During the week of December 10, 2001, the AOSA will be selling 1.5 oz Shot Glass imprinted with the college logo. This one time offer, will be selling everyday that week from 11:00 a.m. –1:00 p.m. in front of room 1200. This great Christmas gift, will be sold at a low cost of \$4.00 per unit and quantity is limited. Talk to either Pavan Avinashi or Ryan Haiar for details, otherwise come and buy yours during the week of December 10!

AOSA Philadelphia Conference

Attendees:

FYI...there are as of today a total of 106 registered students from ICO attending the conference in January. Good job! It will be fun! For those of you who have not booked your hotel in Philadelphia as of yet, the deadline to get the convention rates of \$120 (single, double, triple or quad) is December 13, 2001. So, if you have not done so yet, find some roommates, and call 215-448-2000, (Wyndham Franklin Plaza Hotel), and ask for the AOSA convention room rates. If you need help finding roommates, please talk to either myself or Ryan Haiar. Also there will be a mandatory meeting for all attendees during the week of December 10. You will be notified of the exact day, time and location nearer to the date. The meeting will be to discuss general issues, for example buses (airport/hotel), plane tickets, parties,

seminars, travel scholarship and to field any questions you might have at that time. **Please note:** to qualify for the college travel bursary, you must attend this mandatory meeting!

2nd Years

Win a free trip to the 105th AOA Congress Student Ambassador Program

One student from each school or college will be selected to participate in the AOA Congress Student Ambassador Program. As a Student Ambassador, you can demonstrate the importance of leadership and involvement within organized optometry to your fellow students.

Ambassadors will receive a trip to New Orleans to experience Congress from an insider's perspective and, upon returning to school, share their experiences with their fellow students. Applications are available in Student Affairs Office.



Academy 2001

All students who will be attending the Academy meeting in Philadelphia should let Dr. Flynn Roberts know about their planned attendance and their housing plans while in Philadelphia. A sign-up list will be available outside her office door (Faculty Suite C, Rm. 2578). You can also let her know via e-mail at mflynn@eyecare.ico.edu. It is very important that she have a list of students who will be at the meeting for any emergency situations that may arise.

To All Students Attending the 2002 Academy Meeting

From Dr. Flynn Roberts

You are invited to all of the following events. I encourage you to attend each of these as they are designed to recognize student involvement in the meeting.

*Annual Illinois State Chapter meeting:

Friday, December 7th
6:00 to 7:00 pm.

Room: Philadelphia Marriott,
Room 408

*** Student travel awards will be distributed here.**

Student Welcome Reception:

Thursday, December 6th,
6:00 to 7:30 PM

Room: Pennsylvania Convention
Center, Room 202 A-B

Student Networking Luncheon:

Friday, December 8th,
Noon to 1:30 PM

Room: Philadelphia Marriott, Grand
Ballroom E

Joint Alumni Reception

Saturday, December 8th,
6:30 to 8pm

Room: Franklin Hall B

Stop by and visit ICO's booth #210 in the
Convention Hall

**Attention Fourth Year
Students**

- ✦ Commencement rehearsal will take place on Wednesday, May 15, 2002, time to be announced, at Rockefeller Chapel on the University of Chicago campus. Graduates are expected to attend. Details will follow at a later date.
- ✦ Commencement for the Class of 2002 will be held on Saturday, May 18, 2002, at 1pm in Rockefeller Chapel. Please mark your calendars.

**Attention 3rd Year Students –
Graduation Pictures**

Please note, for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, December 11 & 12, 2001 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets will be posted on the third year bulletin board in early November.

Master Calendar - Reminder

The Student Affairs Office maintains a master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (on and off campus) are listed on the calendar. Please contact the Office of Student Affairs (x7401) fourteen days in advance of any activity planned for the College community.

Border Crossings

Attention all international and Canadian students. Please allow extra time when traveling and crossing borders, especially in coming back to ICO. We have had several students experience problems when traveling and have missed clinical, labs and classes.



Winter Quarter Dates

Dec 4 (Tue) and Dec 5 (Wed) – NBEO
Clinical Science Examination

Dec 5 (Wed) and Dec 6 (Thur) NBEO Basic
Science test

Dec 6 (Thur) thru Dec 10 (Mon) American
Academy of Optometry – Philadelphia, PA

Dec 19 (Wed) – Last day of
classes/labs/clinic/Externship assignments

Dec 20 (Thur) thru Jan 2 (Wed) – Student
holiday recess – no

classes/labs/clinic/Externship

Dec 24 (Mon) thru Dec 26 (Wed) – Faculty
and Staff Holiday recess – College/IEI/closed

Dec 27 (Thur) – Faculty and Staff return to
work

Dec 27 (Thur) thru Dec 29 (Sat) –
College/IEI open

Dec 31 (Mon) and Jan 1 (Tue) – New Year
holiday recess – College/IEI closed

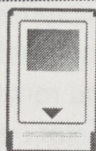
Jan 2 (Wed) – Faculty and Staff return to work

Jan 3 (Thur) – Classes/labs/clinic/Externship
assignments resume

FUNDRAISING REMINDER

Student organizations must submit a fundraising request for approval to the Dean for Student Affairs at least two weeks prior to the event. In scheduling various activities, priority will be given to activities of student organizations, which have historically been run by that organization.

DON'T FORGET:
IT IS REQUIRED TO WEAR ID
BADGES WHILE ON CAMPUS



ICO'S TV SHOW

From: Dr. Janice Jurkus

ICO's live call in show "Eye Have a Question" has started its second season! Every Thursday at 4:30 on cable channel 21, faculty members will be available to answer questions about eyes. The call number is 312-738-1060 so call in with questions! Below is the schedule for the rest of the season:

- ♥ December 6th with Dr. Neil Hodur, hosted by Dr. Janice Jurkus, discussing "Contact Lenses"
- ♥ December 13th with Dr. Michael Chaglasian, hosted by Dr. Janice Jurkus, discussing "Refractive Surgery"
- ♥ December 20th with Dr. Sanford Gross, hosted by Dr. Janice Jurkus, discussing "Eyes and AIDS"
- ♥ December 27th with Drs. Jurkus and Winters, hosted by Drs. Jurkus and Winters, discussing General Topics

FITNESS CORNER

Fitness Center Closing—NBEO Exams

The fitness center, locker rooms and racquetball courts will be closed from 6:00 am – 6:30 pm on the following days (that means it will be open from 6:30 pm – 11:00 pm)

Tuesday, December 4

Wednesday, December 5

Thursday, December 6

The gymnasium will be closed as follows:

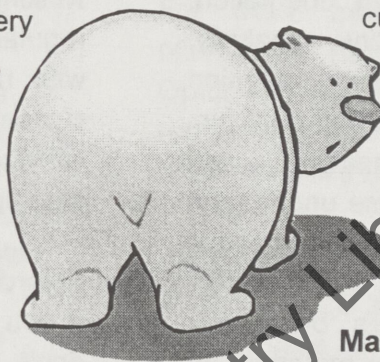
Tuesday, December 4 and Wednesday,
December 5 – closed all day

Thursday, December 6 – reopens at 6:30 pm

During these hours, NBEO exams will be taking place in the gymnasium. Your cooperation in staying away from the test site—unless you're taking the test—will help to ensure the integrity of both ICO and the test procedure. If you have any questions, please call Amanda at x7460.

Polar Bear Run

The fifth annual Polar Bear Run program is currently in the planning stages. If you have any suggestions, please call me at x7460. Otherwise, keep an eye on your mailboxes for registration information!



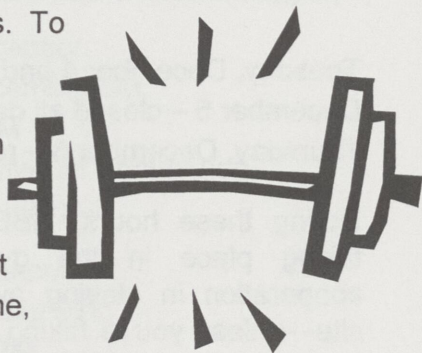
Massage Therapy

Lots of stress? Sore muscles? Tight neck? For a relaxing, enjoyable cure to muscle tightness, low energy levels, and general feelings of stress, get a seated massage. Seated massage is available every other Thursday from 10:30 am until 1:30 pm in Amanda's office. Sheepish about indulging yourself? Treat your friend or co-worker to a relaxing massage session. Gift certificates are available for just \$10 per 10-minute session. Call Amanda at x7460 for more information or to make an appointment. The next sessions will be Thursday, December 13 and Thursday, January 3.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICO Fitness Center is pleased to offer FREE personal training. Your trainers, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).



FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness: Walk Yourself Warm

When it gets cold outside, do you start making excuses to skimp on your regular exercise routine? Don't let the temperature keep you down. Stay active all year round by walking your way through the cool fall and winter months.

To help decrease the risk of cancer and other chronic diseases, you should stay physically active, no matter what the temperature. Experts at the American Institute for Cancer Research (AICR) recommend that you take an hour's brisk walk or similar exercise daily, and also exercise vigorously for a minimum of one

hour per week. In addition to keeping your body healthy, being active can help you slim down, gain strength, relieve stress and have more energy. Walking indoors or out is a great way to stay active, whatever the season.

Getting Started

If you're new to walking, aim for only 10 minutes a day to start. Make meeting AICR's recommendation of one hour per day a long-term goal, and work up to it at your own pace. And remember, be sure to check with your doctor before you start any new exercise program.

Add Variety

If you already work out on a regular basis, walking can add some needed variety to your regular exercise routine. Alternate walking with riding a stationary bike and aerobics classes to keep workouts interesting. Try walking to the beat of some lively music to step up the pace.

Guard Against the Weather

If you enjoy the crisp, clean winter air and don't mind the temperature, try walking outside. Make sure to dress comfortably and safely to protect yourself from the cold and other dangers.

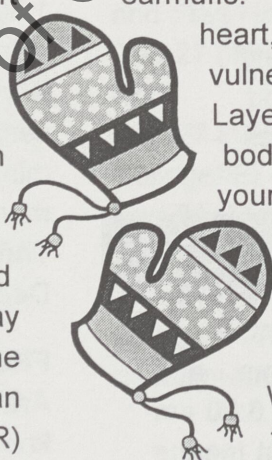
Wear gloves and a hat, headband or earmuffs. Blood tends to flow toward the heart, leaving your toes, finger and ears vulnerable to the cold.

Layer your clothing to keep in your body heat, then remove layers as your workout heats up. Make sure the outer layer is wind-resistant and waterproof.

Watch for patches of ice, especially after a fresh snowfall.

Wear shoes that have extra traction to protect against falls.

-- *The American Institute for Cancer Research*



RESIDENCIES

***For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the 4th drawer in the cabinet on the South Wall.**

Aran Eye Associates

Ocular Disease Residency, Miami, Florida

The New England College of Optometry

1. Ocular Disease, Kittery Optometric Associates and Kittery Ophthalmic Consultants, Kittery, ME The New England Eye Institute Home Eye Service, Boston
2. Community-Based Optometry, Dimock Community Health Center, Roxbury, Dorchester House MultiService Center, Dorchester, South Boston Community Health Center, South Boston, MA
3. Pediatric Optometry, The New England Eye Institute and greater Boston affiliated specialty and pediatric practices
4. Cornea and Contact Lenses, The New England Eye Institute, TLC The Laser Center and greater Boston affiliated specialty practices
5. Veterans Affairs Primary Eye Care, VA Connecticut-Newington Campus
6. Primary Eye Care/Low Vision Rehabilitation, VA Connecticut Healthcare System-West Haven campus, West Haven, CT

For more information, please contact Douglas J. Hoffman, O.D., F.A.A.O. Director of Residencies, The New England Eye Institute, Boston – 617-369-0196 or look in the Residency drawer in the Student Affairs Office

Pacific University, College of Optometry - Forest Grove, OR

1. Primary Eye Care/Refractive & Surgical Co-Management - Jonathan M. Wainwright, VAMC, Walla, Walla Washington
2. Geriatric Optometry Primary Eye Care - VA Puget Sound Health Care System, American Lake Division Tacoma, Washington
3. Ocular Disease Refractive and Ocular Surgery - Eye Care Associates of Nevada, Reno and Las Vegas, Nevada
4. Primary Eye Care - Portland VA Medical Center, Portland, Oregon
5. Cornea and Contact Lenses - Pacific University and Associated Clinics, Forest Grove and Portland, Oregon

For more information about residencies offered by Pacific University's College of Optometry and their affiliates check out the residencies drawer on the south wall of the Student Affairs Office

Inter American University of Puerto Rico School of Optometry

Primary care optometry training in community health care facilities.

State University of New York, State College of Optometry, Affiliated Optometric Residency Programs

1. Cornea and Contact Lenses, SUNY State College of Optometry, NYC
2. Family Practice Optometry, East New York Diagnostic and Treatment Center, Brooklyn, NY
3. Family Practice Optometry, Segundo Ruiz Belvis Diagnostic and Treatment Center, Bronx, NY
4. Family Practice Optometry, United States Military Academy at West Point, NY (Army HPSP graduates only)
5. Low Vision Rehabilitation, SUNY State College of Optometry, and The Lighthouse, NYC
6. Ocular Disease, SUNY State College of Optometry, NYC

7. Residency in Ocular Disease/Primary Eye Care Optometry, Dept V.A., NY Harbor Health Care System
8. Ocular Disease/Refractive and Ocular Surgery, OMNI Eye Specialists, Baltimore, MD
9. Pediatric Optometry, SUNY State College of Optometry, NYC
10. Primary Eye Care Optometry, SUNY State College of Optometry, NYC
11. Primary Eye Care Optometry, Dept V.A. New Jersey Health Care System, Lyons, NJ
12. Primary Eye/Ocular Disease Optometry, Dept. of V.A., Hudson Valley Health Care System, NY

13. Primary Eye Care/Vision Therapy and Rehabilitation (Low Vision), V.A.M.C. Northport, NY

14. Vision Therapy and Rehabilitation, SUNY State College of Optometry, NYC

The deadline for applications is Feb 1, 2002.

The SUNY College of Optometry's website is <http://www.sunyopt.edu/residency.html>.

For more information about residencies offered by SUNY State College of Optometry and their affiliates check out the residencies drawer on the south wall of the Student Affairs Office.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
American Foundation for Vision Awareness - Washington	To qualify you must be a resident of the State of Washington, be accepted/enrolled in an accredited school of Optometry and NOT have a Washington state optometrist as an immediate family member	\$500	January 15, 2002
Secretary's Award for Innovations in Health Promotion www.opted.org (go to links, Secretary's Award) http://bhpr.hrsa.gov/interdisciplinary/innovations.html	Must be enrolled full or part time in a baccalaureate or higher degree professions education program	<i>Single Discipline Awards</i> First Prize - \$3,500 Second Prize - \$2,500 Third Prize - \$1,500 <i>Interdisciplinary Awards</i> First Prize - \$7,500 Second Prize - \$5,000 Third Prize - \$3,000	January 25, 2002
Alcon 4th Year Student Scholarship Award	All 4 th year Optometry students	\$1,000 overall winner \$5,000	February 1, 2002
Alcon 3rd year Student Scholarship Award	All 3 rd years are eligible but must write a case report (topic in SAO)	\$1,000	February 1, 2002 <i>Submit to the Student Affairs Office</i>
AOA Student Leadership Award	Must be a 3 rd year in good standing with leadership and student gov'n't involvement.	\$1,000	February 1, 2002
Biocompatibles Eyecare Innovative Research Award	Any 3 rd or 4 th year student submitting an application and 2,500 word research paper (topic in SAO).	\$2,000 (1 per school) *an additional \$5,000 for the best paper overall	February 1, 2002 <i>Submit to the Student Affairs Office</i>

The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Students entering or who have entered a graduate/professional school who has been legally domiciled in the greater Chicago metropolitan area <i>Applications available December 1, 2001 - February 15, 2002- must write for info.</i>	*	March 1, 2002
Essilor of America, Inc. and Varilux Student Grant Award Program	3 rd and 4 th year students – must do a case report on a patient fit with Varilux lenses	\$500 (1winner from each school)	Due to Dr. Colip by March 4, 2002

The Student Affairs Office has more information, so stop by and check it out!

Announcement!

RGP Lens Workshop

Sunday, December 16, 2001

See patients with each of the following RGP Lens fittings and conditions

- ◆ Keratoconus
- ◆ High astigmatism
- ◆ Post surgery/Specialty lenses
- ◆ Presbyopia
- ◆ Multicurve and Aspheric Lens Designs

Space is limited. Please register with Dr. Renée Reeder @ ext 7297 by **December 1st** to reserve this opportunity to increase your RGP fitting knowledge!

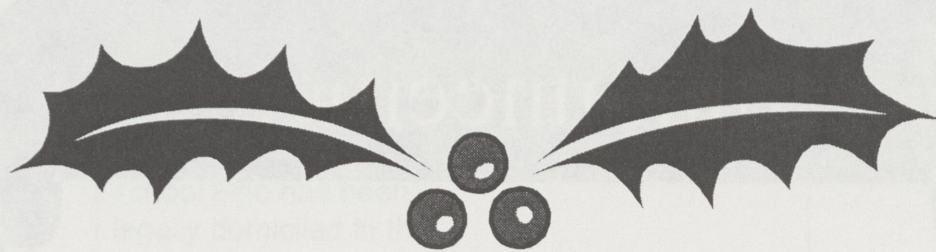
SPACE IS LIMITED

The morning lecture program and continental breakfast will be held in Lecture Hall 1200 at 9:30

Catered luncheon being served in the gym at noon

And, the afternoon patient "hands on" workshop will be held on the Illinois Eye Institute 1st floor, Cornea Center for Clinical Excellence, from 1 to 4

Complimentary fitting video will be given to all attendees



SVOSH Guest Speakers

Dr. Sandy Bury

President Elect VOSH Illinois

Dr. Floyd Woods

Former VOSH Illinois President

Mr. Dieter Ruehrmund

Board Member VOSH International

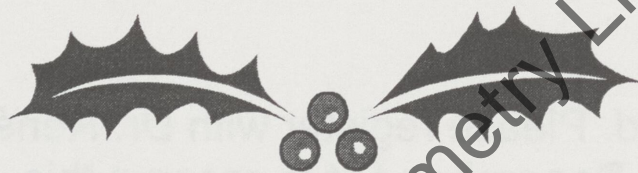
Tuesday, December 11th

6:30pm Room 1200

Slide Show, Pizza & Pop

Please Join Us!

Sponsored by SVOSH-ICO & VOSH – Illinois



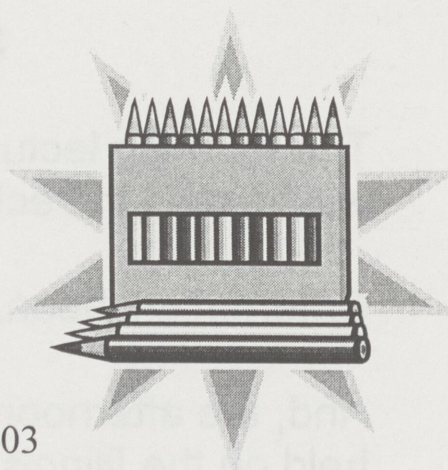
Art & Craft Supply Drive

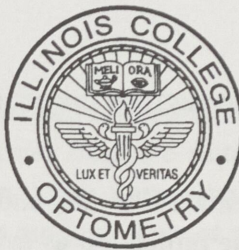
From November 28th until December 19th

Please contribute new or gently used art and craft supplies to the Pilgrim After-school Mentoring Program

Collection Boxes will be available in the President's Circle Lounge and outside Brady Hall 1003

If you have any questions call Beth Karmis, ext. 7415 or contact Sasha Narayan, Box 228





State of the College Address

Charles F. Mullen

President

October 12, 2001

Chairman Rodriguez, members of the Board of Trustees, faculty, students, staff, alumni, and honored guests. Good afternoon and welcome.

The events of the past months have affected us all. During this time of stress, your concern for each other and our patients demonstrated an extraordinary sense of responsibility. You are to be honored for your professionalism and unselfish conduct.

We gather together today to assess the "State of the College," an annual event, which allows us to step back from day to day activities and recognize our mutual accomplishments.

This is my fifth such address and upon this occasion I wish to underscore a particular theme, **the theme of leadership.**

It is due to leadership – leaders on the Board of Trustees, leaders in the faculty, leaders among the administration and staff; student leaders – that we are in the position today to celebrate so many outstanding accomplishments.

The ICO community has worked diligently in pursuing the mission of the College – **Excellence in health care education, patient care, scholarly activity and development of leaders for the profession and society.**

This mission is supported by a systematic approach to strategic planning and performance measurement which we can credit for guiding our dramatic progress.

I would like to now share some highlights of our year, as well as alerting you to the challenges the College now faces.

FIRST, I WOULD LIKE TO ASK ALL STUDENTS WHO TOOK THE NATIONAL BOARD EXAMS THIS PAST AUGUST TO STAND.

Our standard for excellence in health care education is making a difference as measured by the pass rate on the national boards.

These students are to be congratulated on truly an outstanding performance this past August. ICO students recorded a 92% pass rate, while the national average was only 69.7%. Although ICO has always done well on the clinical sections of the National Boards, this is the first time we moved into the top echelon in the nation in basic science. 92% is the best in ICO's history. The students deserve not just our applause, but a standing ovation.

Of course our faculty played a significant role in the students outstanding performance. WOULD ALL THE MEMBERS OF THE FACULTY PLEASE STAND AS WELL? Congratulations – we are all very proud of you! WALK OVER AND SHAKE DR. LESHERS HAND.

In addition to impressive national board scores, our student retention is now at an all time high of 98%.

In terms of our incoming class, **quality** remains our first and paramount criteria. We are attracting the best and brightest future leaders of the profession as evidenced by both grade point averages and OAT scores of our incoming students. The increased diversity of the student body further strengthens our institution.

We have expanded externship sites from nine sites five years ago to 135 today. Thirty-four of the sites are in private practices. And more than 137,000 teaching encounters were provided at external affiliates – a 20% increase over the previous year. In addition we have implemented a comprehensive evaluation system of the sites to ensure a quality experience for our fourth-year students.

In January of this coming year, we will enter into our fifth year of partnership with the University of Chicago, a model of cooperation between optometry and medicine. Recent enhancements to the affiliation include University of Chicago residents are now required to take ICO'S electrophysiology course and a member of our faculty is now examining children at U of C's department of Pediatrics.

Our **faculty** continues its pursuit of scholarship and research. American Academy of Optometry fellowship increased from 48% of our faculty just five years ago to 87% last year.

While our faculty continued to be well represented at the American Academy of Optometry, AOA and ARVO meetings this past year, participation by *our students* was outstanding with sixteen scholarly presentations by ICO students.

There were significant increases in grants, (\$3.4 million submitted, and over \$1.0 million funded, a 65% increase) in publications (31 in referred journals or books) and in professional presentations (37 at the American of Academy of Optometry) this past year.

We also began several research projects at the Colleges' new small animal research center and are currently studying how nutrition impacts on the development of cataracts.

The Illinois Eye Institute continued to be a tremendous resource—both as a major clinical education program and a vital community health care provider. IEI revenues increased 9% over last year – a 35% increase since my first report in 1997. IEI and ICO's externship programs together now provide 200,000 clinical teaching encounters for our students each year. The average number of patient encounters per student increased from 500 in 1997 to over 1100 in 2000.

We have strengthened our outreach and built better relationships with other health care professionals and organizations.

Governance has grown even stronger through the Board's concerted efforts to increase its size and diversity. We have active faculty and student representation on the Board of Trustees.

We continue to build a productive, solid relationship with our neighbors through our **Community Advisory Board**. In building this relationship our students, faculty and staff continue to play an exemplary role. In addition to eye care services, the ICO community supports several neighborhood programs.

Once again this year, our faculty and students supported the Special Olympics and Junior Olympics athletes by providing eye care. We are very proud of our growing community service initiatives. In particular, I want to acknowledge the very successful launching of Vision of Hope a

program to provide eye care to uninsured and under insured citizens of Illinois. Last year, I was able to announce the initial \$250,000 grant from the state legislature. With this initial funding, plus thousands of dollars in private foundation grants, we began the Vision of Hope program in January. Already, we count this program among our most successful. Of the 450 patients we have examined, more than 70% exhibited some type of untreated serious eye condition.

Our community outreach is not limited to the United States. Our students and faculty provided eye care to under privileged patient's abroad through the VOSH program.

These are the accomplishments we can feel proud of. But the picture would not be complete without noting some of the challenges we must face.

Financially_we are facing real challenges. We were not immune to the turmoil in the stock market and the impact of a decline in value of our investment assets. Fortunately, through careful management of the College's budget we were able to yield a modest operating surplus last year, which did indeed help mitigate the negative impact of the decline in the stock market.

Another area demanding our vigilance is the continued decline in student applicants to all health care profession schools. Although we anticipated this decline and took decisive action in 1997, nonetheless, the situation requires ongoing attention. We must remain steadfast in our admissions standards, but this will mean entering fewer students for at least the next four years.

In the coming months, we will continue to work with the faculty, administration, students and alumni to address the decline in qualified applicants. The American Optometric Association and the Association of Schools and Colleges of Optometry have recognized the seriousness of the situation and have launched major national student recruiting initiatives. ICO has assumed a leadership role in these campaigns.

Our ability to maintain a competitive tuition rate certainly helped in recruiting highly qualified students. Our tuition was held at the 1998-99 level for yet another year.

In the year ahead, I believe your leadership and commitment to excellence will help us overcome these challenges.

Despite the challenges identified, ICO will continue to demonstrate leadership in optometric education.

In March, we intend not only to achieve continuing accreditation from The Accreditation Council on Optometry Education, but also to demonstrate to the site visit team our commitment to exceeding all accreditation standards. Also we plan to continue preparations for Joint Commission survey of the Illinois Eye Institute.

We completed a comprehensive review of our development effort.

We are now ready to accelerate implementation of our development plan through enhanced alumni, corporate, and community donor relations. Public relations activities will continue to be expanded. To help us communicate the many outstanding accomplishments that we **too often** consider routine.

A special note of acknowledgement to those members of our faculty who were active in promoting the College this past year by appearing on numerous television shows.

We expect to initiate a faculty group practice plan, an innovative and exciting approach to patient care and clinical education, the first plan this comprehensive at any College of Optometry.

For the immediate future, we expect to complete a feasibility study on relocating the University of Chicago's ophthalmic surgical center to our campus.

And we intend to seek funding for optometric clinical training through the Medicare Graduate Medical Education (GME) program assisted by the AOA Washington office.

Now, I would like to turn to many well deserved 'thank you's.'

Let me first thank the members of our outstanding faculty and our dedicated Academic Administration - for again preparing our students not just to pass but to excel. Faculty leadership has extended beyond the classroom and clinic to an impressive campaign to raise scholarship funds. One hundred percent of the faculty have given to this fund.

Also I personally appreciate the cooperation, support and always-positive approach of the Faculty Executive Committee.

I would like to recognize and further encourage the excellent cooperation and support of the student leadership. The Student Association goes to great effort to help us maintain a positive professional and social culture at ICO. Students have also initiated a campaign to raise scholarship funds.

Our student body deserves much credit for the dedication and pride they bring to the pursuit of academic and clinical excellence.

I would also like to thank the many operating units of the College for the support they provide, the faculty, students and administration.

The Office of **Student Affairs** has again been successful in recruiting academically gifted young women and men to ICO. The result has been another outstanding first year class.

The office has also done an outstanding job in maintaining a positive and supportive culture for our student body.

The **Student Financial Services Office** has again efficiently assisted our students in obtaining funds necessary to make their education possible. This past year the Financial Aid office processed over \$19 million in support for student education.

The **Illinois Eye Institute** and **Office of Community Based Education** with their outstanding administrators, faculty and staff - have continued to grow and expand their essential roles in fulfilling the College's clinical education mission, while at the same time allowing us to extend patient care services into the community. Patient satisfaction at IEI is at an all time high as measured recently by an external survey.

Institutional Advancement has done much to advance and support fund raising through the offices of Development, Alumni Affairs, and Public Relations. This office has raised \$1.65 million over the past two years.

Through the efforts of the **Human Resources** staff, the College and the Eye Institute attract extremely talented faculty and dedicated staff. They contribute much to making our environment fair, friendly and productive.

The **Business Office** continues to achieve a high level of operational efficiency, and to assist other units of the College in a professional and responsive manner.

Information Systems staff completed the last of 22 major technology projects, the most recent a sophisticated library system. A Faculty Technology center has been developed to facilitate the use of advanced technology in teaching. We have now shifted focus from building ICO's information technology infrastructure to enhancing the information technology environment.

The **Facilities Staff** always does an outstanding job in maintaining one of the finest campuses in health professions education.

We would not achieve our goals without the uncompromising service and support by the **Library, Registrar, Instructional Media, Biomedical Services, Institutional Health, Academic Support, the Fitness Center, Food Services, Security, the Mailroom and the Bookstore**. We may not always see everything you do, but we certainly see the results. Thank you all for a job well done.

A special thanks to the **alumni** for serving as role models for our students through your success, and dedication to your patients and the profession. Your role in identifying talented students for admission to ICO is greatly appreciated.

I would also like to thank our **Alumni Council** for their leadership. The Alumni Council plays a significant role as the College's representatives to the Alumni.

A note of appreciation to my office staff.

And finally, I would like to recognize the **Board of Trustees** for providing the leadership the College needs to complete our Commitment to Excellence. The experience, wisdom, and counsel you offer will keep us clearly focused on our mission. Thank you all for your time, hard work and generous financial support.

As the oldest optometric institution in the United States, we have a history and tradition that will guide us in the future fulfillment of our mission – **the pursuit of excellence in health care education, patient care, scholarly activity; and the development of leaders for the profession and society.**

Yes, we've had an extraordinary year. We have an extraordinary future ahead of us as we continue in our pursuit of excellence. It is through your leadership that we will be able to continue ICO's dramatic progress and to face the challenges that are ahead with determination and optimism.

Thank you.

ALL EXAMS ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
DATE	FIRST YEAR ROOM 1201-1202	SECOND YEAR ROOM 1200-1203	THIRD YEAR ROOM 1200-1203
November 29, 2001 TH		BHS 254.2 Pharmacology	
December 5, 2001 W	BHS 150.2 Biochemistry		
December 6, 2001 TH		CLE 262.2 Optometry	
December 7, 2001 F	BHS 107 Ocular Anatomy		
December 10, 2001 M		CLE 270.2 Ophthalmic Optics	
December 11, 2001 T			BHS 363.3 Ocular Disease III
December 12, 2001 W	BHS 106 Histology	BHS 246 Visual Perception	
December 13, 2001 TH			BHS 360.2 Clinical Medicine
December 14, 2001 F	BHS 120.2 Geometrics Optics		
December 17, 2001 M		BHS 245 Color Vision	
December 18, 2001 T			CLE 376.1 Strabismus
December 19, 2001 W	CLE 162.2 Optometry 1.1		
January 7, 2002 M	BHS 150.2 Biochemistry	BHS 254.2 Pharmacology	
January 8, 2002 T			CLE 367 Low Vision
January 11, 2002 F	BHS 107 Ocular Anatomy		
January 15, 2002 T		CLE 270.2 Ophthalmic Optics	
January 16, 2002 W	BHS 106 Histology		
January 17, 2002 TH			BHS 363.3 Ocular Disease
January 18, 2002 F	BHS 120.2 Geometric Optics	BHS 245 Color Vision	
January 22, 2002 T			BHS 361 Physical Diagnosis
January 23, 2002 W	CLE 162.2 Optometry 1.1	CLE 262.2 Optometry 2.2	
January 24, 2002 TH			BHS 360.2 Clinical Medicine
January 25, 2002 F	BHS 150.2 Biochemistry	BHS 246 Visual Perception	
January 28, 2002 M		BHS 248 Behavioral Disorders	
January 29, 2002 T			CLE 376.1 Strabismus
January 29, 2002 W	BHS 107 Ocular Anatomy		
February 1, 2002 F	BHS 102.2 Geometric Optics	CLE 270.1 Ophthalmic Optics	
February 4, 2002 M		BHS 254.2 Pharmacology	
February 5, 2002 T			CLE 367 Low Vision
February 6, 2002 W	BHS 106 Histology	BHS 248 Behavioral Disorders	



FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

December 14, 2001

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next newsletter will be published on Friday January 11th. The submission deadline for that newsletter will be Wednesday, January 9th at 5:00 p.m.!



CAMPUS NEWS

Holiday Message to ICO Students

This will be the last newsletter you will receive prior to leaving for your holiday break. As students, your schedules are so busy with classes, labs, tests and assignments that you likely have not had much time to relax and enjoy the beauty of the holiday season. This year the ICO Family (which you are all part of now) has endured some particularly difficult losses. It is very easy to get down and cynical about life, as well as school, especially at this time of year and with our recent events.

I would like to encourage each of you to take a few moments during this wonderful season to sit down, relax and devote a few quiet moments to the many things for which you have to be thankful. The sheer fact that you are a student in a program leading to a professional degree is certainly something you deserve to be immensely proud of. It is very easy to look around you at ICO and see 635 other students doing the same thing and think that everyone is in the same situation – THEY'RE NOT! There are millions of people in the world who would give their right arm to have the academic ability and accomplishments each of you have already

demonstrated in your relatively short lives. As an ICO student you are an intelligent and talented individual with a very bright future in a wonderful profession.

One of the basic charges of being a doctor is to help people feel better, both physically and about themselves; sometimes this means even when we are hurting inside ourselves. Take some time this season to tell the people who have helped you get here to let them know how much you appreciate their support. You will be helping them feel good and you will feel better too.

I would like to challenge each of you to take even a short moment to watch and appreciate a child's eyes and face as they observe the beauty of the decorations, lights and the wonder of Santa Claus.

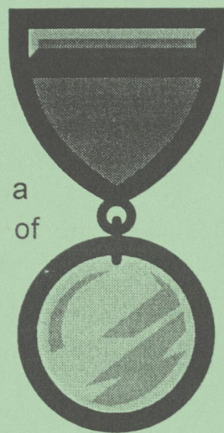
This is a wonderful season and you should enjoy it's magic.

Best wishes to all for safe travels and happy holidays! See you next year!

Mark Colip, O.D.
Dean for Student Affairs

Congratulations

The following full-time students achieved superior academic performance during the Fall, 2001 quarter by earning a quarterly grade point average of 3.50 or better and/or Honors (H) in all Patient Care courses and no grade below a "B":



Adhvaryu, Reshma D.	Y4
Al-Bekai, Monzer	Y1
Albrecht, Kirsten	Y4
Alibhai, Sofiya Z.	Y1
Amundson, Erika K.	Y1
Arrants, Alison A.	Y3
Babayeva, Karina	Y2
Bachmeier, Erik S.	Y3
Bajaj, Neil K.	Y2
Baker, Joshua C.	Y1
Ball, Kelly M.	Y3
Bartimus, Christina A.	Y4
Barton, Tausha L.	Y4
Bayard, Melissa H.	Y1
Becker, Kimberly S.	Y4
Behan, Robert E.	Y4
Bellen, John P.	Y1
Birk, Marcella L.	Y4
Bloomberg, David I.	Y4
Bonilla-Warford, Nathan J.	Y2
Bosjolie, Angela L.	Y4
Bowen, Lisa M.	Y3
Brightman, Brian D.	Y4
Broschak, Mathew J	Y1
Burkhardt, Jacqueline A	Y2
Cannon, Kristin K.	Y1
Chan, Ceida P.	Y2
Chan, Elzie C.	Y4
Cheng, Emerson	Y1
Choi, Jae M.	Y4
Chu, Angela	Y1
Clemenson, Andriena F.	Y4
Colander, Brian M.	Y1
Cottle, John L.	Y2
Coward, David J.	Y2
Crouch, Nathan A.	Y2
Davids, Jill S.	Y2
Demarchi, Donald A.	Y3
Demers, Michael S.	Y2
Do, Daniel	Y4
Drew, Anthony J.	Y4
Duong, Nghi U.	Y1
Elston, Phillip R.	Y1

Erickson, Kendra D.	Y1
Falk, Gregory M.	Y4
Fang, Michelle S.	Y4
Fatura, Derek F.	Y4
Fields, Cory A.	Y3
Francis, Lori Ann M.	Y4
Frisbie, Laura M.	Y1
Gabbard, Beth R.	Y2
Gafour, Eiman Y.	Y3
Gallagher, Maria A.	Y1
Garcia, Adriana	Y4
Garey, Jason T.	Y1
Gehrke, Robert R.	Y4
Genovese, Lisa M.	Y4
Genuario, Kristy	Y3
Glanville, Kristopher L.	Y4
Gonzalez, Rosemary A	Y1
Gross, Jessica J.	Y4
Gutierrez, Lara	Y4
Hafner, Jason M.	Y4
Hamer, Jonathan D.	Y4
Hansen, Alison D.	Y4
Healy, Beth N.	Y3
Heden, Jeffrey S.	Y4
Herbolsheimer, John R.	Y2
Hernandez, Karyn R.	Y3
Holdinghausen, Karmen M.	Y3
Holdorf, Ryan J.	Y4
Hotsenpiller, Katalin B.	Y3
Hsiue, Anne	Y4
Huang, Chien-wei J.	Y4
Huber, Gary T.	Y2
Huff, Shelley R.	Y4
Hunter, Lyndsay J.	Y1
Hunter, Megan A.	Y4
Hunter, Richard D.	Y2
Ismael, Wasim M	Y4
Jenkins, Joshua B.	Y4
Judisch, Jonathan	Y3
Kaniaris, Margarita G.	Y1
Kapelnik, Boris	Y1
Karrer, Julie E.	Y1
Kasmer, Kathleen M.	Y2
Kehler, Karl B.	Y4
Kern, Rachel M.	Y4
Kim, Michelle H.	Y2
Kimura, Tamami	Y4
Klemens, Adam B.	Y1
Knight, Curtis P.	Y4
Koehler, Shawn M.	Y4
Kwon, Jason N.	Y4
LaBrosse, Deana R.	Y1
Lam, Leonard C.	Y1

Le, Natalie	Y4	Rhinehart, Kirstin P.	Y3
Lee, Nellie T.	Y4	Ritter, Heather A.	Y1
Lee, Otto C.W.	Y4	Rockwell, John C.	Y4
Lee, Stephanie H.	Y4	Rottinghaus, Charles A.	Y1
Lee, Susana M.	Y3	Roytman, Marina	Y4
Lewis, Luis	Y1	Russel, Melissa R.	Y3
Lieu, Megan M.	Y1	Russell, Christie J.	Y2
Lo, Philip	Y4	Saeed, Faheemah A.	Y1
Lopykinski, Michael J.	Y2	Sanford, Sue Ann	Y1
Louie, Jason L.	Y4	Santos, Karen T.	Y2
Loy, Jeremy E.	Y1	Schmidt, Robb W.	Y3
Loy, Kristy M.	Y2	Sculley, Michael B.	Y3
Luker, Lindsay A.	Y1	Sharma, Alok	Y1
Lum, Kris W.	Y3	Sheetz, Brandon D.	Y4
Lupfer, Alexa R.	Y4	Shleyfer, Larisa	Y1
Ly, Dat	Y4	Sneddon, Geoffrey M.	Y4
Ma, Jeffrey	Y4	Stalboerger, Gina	Y2
Maley, Jessica J.	Y4	Stalzer, Brandon G.	Y2
Manongdo, Sarah S.	Y1	Steinmetz, Robert J.	Y3
Marlowe, Megan G.	Y1	Stewart, Edward G.	Y4
Mathes, Marcie J.	Y1	Streiff, Lavender S.	Y3
McCann, Andrea L.	Y2	Swatch, Deepinder	Y1
McEleney, Kathleen L.	Y4	Tahir, Tauseef U.	Y4
Melfi, Thomas O.	Y1	Tanner, Kevin A.	Y4
Miesner, Nicole R.	Y2	Teeter, Robert A.	Y1
Miller, Christopher T.	Y3	Templeman, Carrah D.	Y1
Miranda, Diana E.	Y4	Thomasson, Krista	Y4
Mohamed, Rezah	Y1	Thompson, Kelly R.	Y1
Mohana, Tarek	Y4	Toomey, Shannon C.	Y3
Myalil, Shinu P.	Y1	Torti, Kelli L.	Y4
Narayan, Sasha N.	Y2	Trackwell, Melanie J.	Y1
Ng, Lisa W.	Y3	Tran, Raymond	Y4
Nguyen, Mai N.	Y2	Tseng, Janet Y.	Y1
Nguyen, Mindy C.	Y1	Ubhi, Sukhdeep	Y4
Nguyen, Tammy T.	Y4	Van Haaften, Kelly N.	Y2
Nielson, Ana D.	Y4	Vincelli, Nicholas C.	Y1
Nielson, Ryan E.	Y4	Vo, Dana Le	Y4
Nobles, Zachary S.	Y3	Vuorenmaa, Chris B.	Y1
Novotny, Jill	Y3	Waldorf, Julie M.	Y3
Nowlan, Regan	Y4	Wallace, Katherine S.	Y4
Okamura, Jaime R. K.	Y2	Walsh, Danae D.	Y4
Palm, Andrew S.	Y3	Wang, Rick C.	Y3
Patel, Rachana S.	Y1	Weibert, Julie M.	Y1
Perez, Judi-Anne S.	Y4	Willis, Chad E.	Y1
Peterman, Jesse N.	Y1	Wilson, Lisa L.	Y1
Pilon, Andrew F.	Y3	Youlden, Eric J.	Y3
Pitts, Amy L.	Y4	Young, Lisa M.	Y1
Ratnasingham, Umashanker	Y1	Youngwirth, Brandy	Y1
Rayman, Daniel K.	Y3		
Reinhold, Sheila A.	Y3		
Repper, Chad E.	Y4		
Reyna, Inez M.	Y3		
Reynolds, Tonya M.	Y1		



2 Year Scholarship

Congratulations to Second Year student and RA **Jaime Okamura** on being selected to receive a Two Year Air Force Optometry Scholarship. This highly competitive national award provides full payment of tuition, fees and required expenses of attendance while in optometry school as well as a living allowance. Jaime will be commissioned as an officer and required to do three years of active duty as an Air Force Optometrist upon completion of her ICO education. Congratulations to Jaime on this wonderful recognition! Dr. Colip

Attention RC Residents

During the holiday break while you are shopping for your Xmas gifts take a minute to purchase a poster of your hometown. Bring the poster and the receipt to Bonnie Grummel in the Bookstore to be reimbursed. The posters will be framed and hung in the cafeteria.



School or Not?

Please call ICO's weather hotline if you are in doubt about school closings due to weather....312-949-SNOW



Library News

The Library contains more than just books for your research and enjoyment. In the display cases this month, we have placed a sampling of some of the Library's CD-ROMs such as Folberg's Pathology of the eye, Milam's Human retina, Diabetes and the eye, Techniques of indirect ophthalmoscopy, and fundus drawing, Wright and Chern's Interactive Ophthalmology textbook and review. To see a complete list of all the CD-ROMs available in the Library, type "CD-ROM" in our new online catalog. Most CD-

ROMs may be used for three hours at a time in the Library and begin with the call numbers CDR. Please ask a library staff member to retrieve the CD-ROM either from the display case or from the restricted CDR shelving area.

A sleighful of books also has arrived recently. To see the complete list of new books, click on "NEW MATERIALS" in the top right corner of the Library's online catalog. The computer will list all the items we have acquired in the past 90 days. Some highlights include:

RA427.E935 2000 Trinder, Liz and Reynolds, Shirley. Evidence-Based Practice: A Critical Appraisal. Blackwell Science Inc, 2000.

R728.T553 1999 Tinsley, Reed Sides, Rhonda Anderson, Gregory D. Valuation of a Medical Practice. Wiley John & Sons Inc, 1999.

R119.M28 2000 Matthews, Janice R. Bowen, John M. Matthews, Robert W. Successful Scientific Writing: A Step-by-Step Guide for the Biological and Medical Sciences. Cambridge University Press, 2000.

RB428.D53 2001 Diamond, Seymour. Diagnosing & Managing Headaches, 3rd Ed. PROFESSIONAL COMMUNICATIONS INC, 2001.

QM451.S66 2001 Snell, Richard S. Clinical Neuroanatomy: A Review With Questions And Explanations, 3rd Ed. Lippincott Williams & Wilkins, 2001.

RE951.F5 2001 Filips. Clinical Pearls For Optometry. Anadem, 2001

RE958 .P743 2000 Frame Adjusting. Primary Eyecare Network, 2000.

By the way, check out some fiction or nonfiction paperbacks for your holiday journeys. The recreational reading is on the

rotating racks and the shelving in the north-eastern corner of the Library's second floor.

Have a great break!

Library Hours for December, 2001

Regular library hours will be in effect through Tuesday, Dec 18, 2001. Special hours are posted below. All books will be due Jan 3, 2002, or later.

Wed-Fri, Dec 19-21	8 am to 5 pm
Sat-Wed, Dec 22-26	Closed
Thur-Fri, Dec 27-28	8 am to 5 pm
Sat-Tue Dec 29-Jan 1, 2002	Closed
Wed, Jan 2, 2002	8 am to 5 pm
Thur, Jan 3, 2002	Regular hours

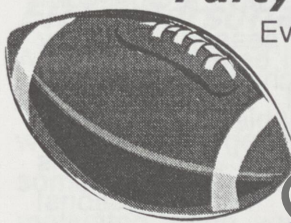
New Free Local off Campus Calls

The ICO Student Association has recently acquired off campus access for two telephones on campus. Students can now make any local calls to 312, 773, or 847 area codes for FREE. These phones are located in the lounge area near the bookstore and in the RC lobby. The phones are wall mounted and are marked by plaques. Please be courteous if others are waiting and limit your calls to 5 minutes, Thank you, Your Student Association



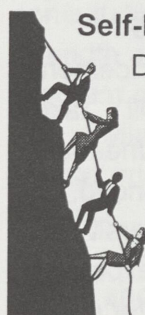
Party at Durkins

Everyone is invited to the Private Practice Club party at Durkins Tavern on 840 West Diversey in Lincoln Park. The party will be on Martin Luther King Jr. Day weekend, on Sunday, January 20th, 2002 from noon to 4pm. There is no school on Monday so please all come out and celebrate! The party will include all you can drink soda, draft beer, wine and well drinks. Furthermore, our package offers an all-you-can-eat grill cookout, which includes pizza, hot dogs, brats (for you Green Bay fans), and



hamburgers. The cost is only \$25.00 and we will be selling tickets January 14-18th, 2002 outside Room 1200. We will be celebrating the NFL playoffs so please wear your favorite sport teams gear. We will provide detailed instructions and maps when you purchase your ticket.

Counseling and Academic Enrichment/Services



Self-Enhancement Group

Do you ever feel like you get in your own way? Are you keeping yourself from being as successful as you can or want to be?

Are you interested in learning more about self-esteem and ways to enhance one's self-concept? During this quarter, for one hour per week, I would like to bring together a group to explore these issues. This is open to anyone.

The first few weeks will focus on self-assessment and exploration. During the second four weeks we will talk about and do exercises to enhance communication skills, relationship building, listening skills and more.

If you are interested, or if you have questions, please give Beth Karmis a call at extension 7415. I would like to have at least 6 participants for the best outcome. This is not intended to be "group psychotherapy", but rather a psychoeducational workshop.

AOSA 2nd Years

Win a free trip to the 105th AOA Congress Student Ambassador Program

One student from each school or college will be selected to participate in the AOA Congress Student Ambassador Program. As a Student Ambassador, you can demonstrate the importance of leadership and involvement within organized optometry to your fellow students.

Ambassadors will receive a trip to New Orleans to experience Congress from an insider's perspective and, upon returning to school, share their experiences with their fellow students. Applications are available in the Student Affairs Office.



Attention Fourth Year Students

➤ Commencement rehearsal will take place on Wednesday,

May 15, 2002, time to be announced, at Rockefeller Chapel on the University of Chicago campus. Graduates are expected to attend. Details will follow at a later date.

- Commencement for the Class of 2002 will be held on Saturday, May 18, 2002, at 1pm in Rockefeller Chapel. Please mark your calendars.

Attention 1st Year Commuters

We have approximately 16 empty lockers to assign. You must sign up for them in the Student Affairs Office.

Master Calendar - Reminder

The Student Affairs Office maintains a master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (on and off campus) are listed on the calendar. Please contact the Office of Student Affairs (x7401) fourteen days in advance of any activity planned for the College community.

Travel Web Site

Students planning international travel over holiday breaks are urged to allow extra time when arriving at airports and for security checks. The U.S. State Department maintains an excellent web site with information and travel warnings for international travelers. <http://travel.state.gov>

Winter Quarter Dates

Dec 19 (Wed) – Last day of classes/labs/clinic/Externship assignments

Dec 20 (Thur) thru Jan 2 (Wed) – Student holiday recess – no classes/labs/clinic/Externship

Dec 24 (Mon) thru Dec 26 (Wed) – Faculty and Staff Holiday recess – College/IEI/closed

Dec 27 (Thur) – Faculty and Staff return to work

Dec 27 (Thur) thru Dec 29 (Sat) – College/IEI open

Dec 31 (Mon) and Jan 1 (Tue) – New Year holiday recess – College/IEI closed

Jan 2 (Wed) – Faculty and Staff return to work

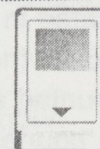
Jan 3 (Thur) – Classes/labs/clinic/Externship assignments resume

FUNDRAISING REMINDER

Student organizations must submit a fund raising request for approval to the Dean for Student Affairs at least two weeks prior to the event. In scheduling various activities, priority will be given to activities of student organizations, which have historically been run by that organization.

DON'T FORGET:

**IT IS REQUIRED TO WEAR ID
BADGES WHILE ON CAMPUS**



ICO'S TV SHOW

From: Dr. Janice Jurkus

ICO's live call in show "Eye Have a Question" has started its second season! Every Thursday at 4:30 on cable channel 21, faculty members will be available to answer questions about eyes. The call number is 312-738-1060 so call in with questions! Below is the schedule for the rest of the season:

- ♥ December 20th with Dr. Sanford Gross, hosted by Dr. Janice Jurkus, discussing "Eyes and AIDS"
- ♥ December 27th with Drs. Jurkus and Winters, hosted by Drs. Jurkus and Winters, discussing General Topics

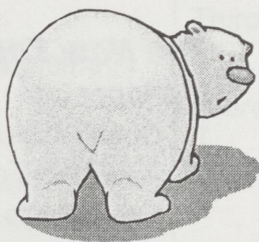
FITNESS CORNER

Fitness Center Closing— Winter Break

The fitness center will be closed on Tuesday, December 25 and Tuesday, January 1. Regular fitness center hours (6:00 am – 11:00 pm) will be in effect for the rest of winter break.

Polar Bear Run

The 5th annual *Polar Bear Run* will begin on Monday, January 7. If you lost your registration form but still want to join, call Amanda at x7460. It's not too late!



Massage Therapy

Lots of stress? Sore muscles? Tight neck? For a relaxing, enjoyable cure to muscle tightness, low energy levels, and general feelings of stress, get a seated massage. Seated massage is available every other Thursday from 10:30 am until 1:30 pm in Amanda's office. Sheepish about indulging yourself? Treat your friend or co-worker to a relaxing massage session. Gift certificates are available for just \$10 per 10-minute session. Call Amanda at x7460 for more information or to make an appointment. The next sessions will be Thursday, January 3 and Thursday, January 17.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICQ Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Sima through

box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).

FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness: Diabetes—Zero Risk

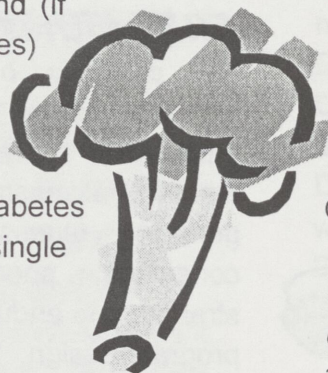
Middle-aged* women who exercise, eat a healthy diet, drink alcohol in moderation, don't smoke, and—most importantly—aren't overweight can virtually eliminate their risk of diabetes. Some specifics:

- ✓ Women who are overweight are *eight times* more likely to be diagnosed with the disease than lean women. Obese women are *20 times* more likely.
- ✓ Women who do at least seven hours a week of brisk walking, heavy gardening or housework, or other activities "vigorous enough to build up a sweat" have a 30 percent lower risk than women who exercise less than half an hour a week.
- ✓ Women who eat the most high-fiber cereals and breads (rather than sweets, potatoes, and other refined carbohydrates) and the most polyunsaturated fats (rather than saturated and *trans* fats) have half the risk.



What to do: Cut back on hamburgers, pizza, french fries, ice cream, and sweets. Replace them with beans, fish, whole-grain breads and cereals, fruits, vegetables, and (if you can afford the calories) salad dressings and vegetable oils. Watch your weight and don't forget: Exercise cuts the risk of diabetes even if you never lose a single pound.

--*New Eng. J. Med.* 345: 790, 2001.



RESIDENCIES

*For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the 4th drawer in the cabinet on the South Wall.

Aran Eye Associates

Ocular Disease Residency, Miami, Florida

The New England College of Optometry

1. Ocular Disease, Kittery Optometric Associates and Kittery Ophthalmic Consultants, Kittery, ME The New England Eye Institute Home Eye Service, Boston
2. Community-Based Optometry, Dimock Community Health Center, Roxbury, Dorchester House MultiService Center, Dorchester, South Boston Community Health Center, South Boston, MA

CLASSIFIED

4th Year Students

Work-Study Position - Clinical Tutor, Suite 1

If interested please contact Dr Gross at Ext. 7314 or via college mail, including a phone number.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
American Foundation for Vision Awareness - Washington	To qualify you must be a resident of the State of Washington, be accepted/enrolled in an accredited school of Optometry and NOT have a Washington state optometrist as an immediate family member	\$500	January 15, 2002

Secretary's Award for Innovations in Health Promotion www.opted.org (go to links, Secretary's Award) http://bhpr.hrsa.gov/interdisciplinary/innovations.html	Must be enrolled full or part time in a baccalaureate or higher degree professions education program	<i>Single Discipline Awards</i> First Prize - \$3,500 Second Prize - \$2,500 Third Prize - \$1,500 <i>Interdisciplinary Awards</i> First Prize - \$7,500 Second Prize - \$5,000 Third Prize - \$3,000	January 25, 2002
Alcon 4th Year Student Scholarship Award	All 4 th year Optometry students	\$1,000 overall winner \$5,000	February 1, 2002
Alcon 3rd year Student Scholarship Award	All 3 rd years are eligible but must write a case report (topic in SAO)	\$1,000	February 1, 2002 <i>Submit to the Student Affairs Office</i>
AOA Student Leadership Award	Must be a 3 rd year in good standing with leadership and student gov'n't involvement.	\$1,000	February 1, 2002
Biocompatibles Eyecare Innovative Research Award	Any 3 rd or 4 th year student submitting an application and 2,500 word research paper (topic in SAO).	\$2,000 (1 per school) *an additional \$5,000 for the best paper overall	February 1, 2002 <i>Submit to the Student Affairs Office</i>
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Students entering or who have entered a graduate/professional school who has been legally domiciled in the greater Chicago metropolitan area <i>Applications available December 1, 2001 - February 15, 2002- must write for info.</i>		March 1, 2002
Essilor of America Inc. and Varilux Student Grant Award Program	3 rd and 4 th year students – must do a case report on a patient fit with Varilux lenses	\$500 (1winner from each school)	Due to Dr. Colip by March 4, 2002

The Student Affairs Office has more information, so stop by and check it out!

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